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London Weekend

Your guide to psychic lift-off

ROBERT MONROE believes anyone can leave their body. Here is his guide:

PHASE ONE: Relaxation. Go to a quiet darkened room. Be sure to be free of any sense of time urgency. Lie down and close your eyes. As you became relaxed and start to drift off into sleep focus your mental attention on any ONE thought. It can be about anything you like. But you must stay calmly in the borderland of sleep state, poised between wakefulness and sleep. Gradually release your mental concentration. Simply look through your closed eyes at the blackness ahead of you and allow yourself to drift deeper down . . . down . . . down . . .

PHASE TWO: Calling up the vibrations. With your body along a north-south axis and your head to magnetic north loosen your clothes. Keep covered so that you feel just slightly warmer than is generally comfortable. Remove any jewellery or metal objects. Begin breathing through your half-opened mouth. Concentrate on the blackness in front of your closed eyes. Look first into a black spot a foot away from your forehead. Move it to three feet away. Then six. From there, turn the black spot 90 degrees upward, on a line parallel to your body axis, but out beyond and above your head. Reach mentally for the vibrations at that point. When you find them—pull them back into your head. The result should be a wave of fiery sparks roaring into your head.

PHASE THREE: Controlling the vibrations. Mentally 'direct' the vibrations into a ring. Or else force them all into your head. Then, mentally push them down along your body . . . to your toes, then back up to your head. Start them sweeping in a wave over your body, back and forth rhythmically, from head to toes.

PHASE FOUR: Lift-off. Achieve the vibrational state. Maintain complete control of your thought processes. *Think* of getting lighter . . . of how nice it would be to float upward. If you continue to hold only these thoughts, you disassociate and float gently upward from your physical body. You may not manage it the first time. But you *will* achieve it.